



# Lowell Senior Center **HERITAGE**

**Art Classes!**  
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**Fall Fun**  
at the  
Senior Center

**Dinner  
Dance!**  
Back Cover

**Events!**  
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**CITY MANAGER**

Tom Golden

**Assistant City Manager**

Shawn Machado

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**Vice Chair**

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Corey Robinson

Daniel Rourke

Kimberly Scott

Paul Ratha Yem

**LOWELL  
SENIOR CENTER****276 Broadway St  
Lowell, MA 01854  
978-674-4131**~~~~~  
Monday–Friday:  
**7 am to 3 pm**Saturday–Sunday:  
**Open for meals only**Breakfast:  
**Weekdays 7 - 8 am  
Weekends 7 - 9 am  
Dine in or take-out**Daily Lunch:  
**11 - 11:30 am  
Dine in or take-out**~~~~~  
**Receptionist:** Tara Donnelly**Director:** Position is vacant.**Programs:** Aurora Erickson  
aerickson@lowellma.gov~~~~~  
**Outreach Team  
Tel: 978-674-1166**Seila Chuop (Khmer, Korean)  
Glady Dieppa (Spanish)  
Jenny Khweiss (Spanish, Arabic)  
Amy Leal (Portuguese, Spanish)**COUNCIL ON AGING  
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Beverly Gonsalves**Judith Huber**John R. Lawlor**Molyka Tieng**Gilda James**Frank Baskin**One Vacancy*~~~~~  
**Next Meeting  
November 14th****Library Senior Center Branch**Public computers are open  
Wednesdays, 9 am to 12 pm**Lowell Health and Human Services**

Lowell Health Department

978-674-4010

Lisa Golden, Director

**City of Lowell  
Veterans Services**Director / Agent

Eric Lamarche

ELamarche@lowellma.gov

**Office Hours:  
8:00 A.M. - 4:00 PM.  
Monday - Friday**

Tel: 978-674-4066

Prefer reading  
*The Heritage Newsletter*  
online?Visit: [www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)

Don't just love the Senior Center, "Like" the Senior Center! Find us on Facebook for announcements, events, and photos all through the month. Type in:

**[www.facebook.com/LowellSeniorCenter](https://www.facebook.com/LowellSeniorCenter)****Note:** our official page will have the City Seal and is called "City of Lowell Senior Center".



# AUTUMN

HARVEST

FALL

FOLIAGE

LEAVES

B	L	Q	S	E	A	S	O	N	S	U	O	C	V	U
R	G	A	P	F	F	J	F	D	V	G	U	P	G	V
A	T	A	N	E	O	A	X	S	U	L	U	S	Y	H
W	A	L	M	S	L	Y	L	A	S	W	S	I	O	A
P	W	G	U	T	I	D	R	L	G	H	L	Z	Q	R
U	N	I	I	I	A	M	Y	H	T	L	A	E	T	V
M	Y	Q	W	V	G	I	O	A	H	P	M	G	K	E
P	I	D	W	A	E	E	U	C	L	E	A	V	E	S
K	X	N	C	L	E	P	W	O	G	R	A	E	R	T
I	V	F	E	S	O	C	I	O	U	S	M	C	R	T
N	K	U	A	W	O	L	L	J	P	C	Z	R	I	W
E	Q	Y	D	A	Y	D	L	A	G	E	R	E	L	O
R	D	K	I	T	E	R	R	I	T	O	R	I	A	L
S	C	E	N	I	C	V	O	R	O	U	S	F	D	F
W	E	V	I	T	C	E	T	O	R	P	R	Q	T	H

PUMPKIN

FESTIVALS

SCENIC

SEASON

## Fall Fun

### MEMORY CAFÉ



November 3rd, 2022 10:30am-11:30am

& Every 1st Thursday of the month!

**Where? Fallon Health**  
1081 Varnum Ave. Lowell

Join us for Pet Therapy with the

**PETS & PEOPLE FOUNDATION**

#### What is a Memory Café?

A place where people with memory loss and their caregivers can be themselves, share stories and discover helpful hints in a supportive, safe and fun environment.



#### Registration is free & easy!

Please RSVP to Candace Walker  
by calling 1-978-569-1016 or emailing  
memorycafe@dyouville.org  
Register today to reserve your spot!



### Energy Fair

Tuesday  
11/29

4-7pm

Worried  
about rising  
energy  
costs?

Find out  
what your  
options are!

### *Can There Be Peace?*

#### Faith Leaders and Healing After Violent Conflict

Lowell Senior Center – November 15, 2022 – 6:30 PM

In the aftermath of war, genocide, and/or ethnic cleansing, faith leaders play a crucial role in rebuilding community. What insights can their experience lend to those who pursue peace?

UMass Lowell will host an evening presentation to consider this question, bringing together students, faculty, and members of the Lowell community for a thoughtful, heartfelt conversation about the possibility of peace after violent conflict. The night's speakers will include representatives from the Lowell community alongside visiting scholar Gladys Ganiel (Queens University Belfast), who will share her research on the role of clergy in the wake of the Troubles in Northern Ireland, as well as Rev. Dr. Thysan Sam (Eliot Presbyterian Church), who will reflect upon his research and experience ministering to survivors of the Cambodian genocide, and Rev. Jerry Menyongai, who emigrated to Lowell after experiencing the Liberian Civil War.

Sponsors – UMass Lowell Office of the Provost, Peace and Conflict Studies Program, Department of Philosophy, Department of Political Science, College of Education, Department of Sociology, Queens University Belfast, Eliot Presbyterian Church, Christ Jubilee International Church, REACH Lowell Protestant Campus Ministry at UMass Lowell, Greater Lowell Interfaith Leadership Alliance (GLILA) Executive Committee, Merrimack Valley Project, African Community Center of Lowell, Brad Morse Endowment



## Clay Animal Sculptures with Artist Lolita Demers

November 14th, 2022

12-2pm

Pick an animal and learn ways to form it using white clay from 12-2pm. Clay will be cooked or fired.



November 21st

12-1pm

Learn about glazing techniques to put color on your animal.



## Textile Printing with Artist Richard Marion

November 16th and November 23rd

9:30-11



John Clark and his **Great American Music Experience** presents

# *Motown: The First Decade* *Tuesday, Nov 22nd at 1:30 pm*



Smokey Robinson



Supremes



Stevie Wonder



Temptations

A History Presentation  
Made Possible with Funding by



**Mass  
Cultural  
Council**

## Food and Health

### - Bits and Bites -

A monthly article letting you in on what's going on in nutrition this month

By: Katherine Pittsley, Intern; BS, MPH/RDN candidate

*November is here and that means the holiday season has begun! Thanksgiving is one of my favorite holidays because I get to gather with family and friends and enjoy a delicious meal together. But not everyone is able to have these moments with loved ones, especially as we age and even leaving the house is challenging. Food has such a huge social element to it, it is easy to feel lonely at this time, but studies show that being more social can improve your health and extend your lifespan! We also see that when you eat meals with others – friends, family, strangers – you eat more, sadness and depression lowers, and the food tastes better! Places like senior centers give you the opportunity to enjoy your meal with friends and meet new ones, too.*

*Looking forward to seeing you at lunch!*

*~Katherine*



**dance**  
**MOVES for everyBODY**  
For everyBODY with Parkinson's, mobility challenges, and all seniors  
Presented by DONNA MICELI DANCE and the LOWELL SENIOR CENTER

**COME DANCE WITH US!**

All levels of mobility are welcomed!  
**NO DANCE EXPERIENCE IS NECESSARY**  
**Join any class at anytime!**

Every **MONDAY**  
from: **OCTOBER 17**  
to: **NOVEMBER 21**  
**11 AM - 12:15 PM**  
**FREE CLASSES**



**SEASONAL ARTS & CRAFTS WITH KATHERINE**

**WITH FREE TREATS!**

**TUESDAY, NOVEMBER 15TH**  
**9:30 AM - 10:30 AM**  
**GREAT HALL**



**Coivid Booster Clinic!**


**Lowell Senior Center**

**Thursday 11/10 9am-11am**

**Sign up or Walk-in.**



## Food and Health



**NEED HELP  
WITH FOOD?**

SCAN QR CODE TO  
APPLY OR VISIT ONLINE:  
**MASS.GOV/SNAP**

SNAP Day at the Senior Center  
Thursday, Oct. 20, 10am-12pm

**Ask a Nurse/  
Blood Pressure  
Screening**

**Monday  
11/14, 11:00-12:00**

Thanks to Element Care for sponsoring this event.

## DIABETES SELF-MANAGEMENT WORKSHOP

Hosted by  
**REACH LoWELL & Coalition for a Better Acre**

<b>THURSDAYS</b> <b>12 PM - 2:30 PM</b>	OCT. 13, 2022	WORKSHOP 1
	OCT. 20, 2022	WORKSHOP 2
	OCT. 27, 2022	WORKSHOP 3
	NOV. 3, 2022	WORKSHOP 4
	NOV.10, 2022	WORKSHOP 5
	NOV.17, 2022	WORKSHOP 6

### Medicare Part B Premium and Deductible

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year the Medicare Part B premium, deductible, and coinsurance rates are determined according to the Social Security Act. The standard monthly premium for Medicare Part B enrollees will be \$164.90 for 2023, a decrease of \$5.20 from \$170.10 in 2022. The annual deductible for all Medicare Part B beneficiaries is \$226 in 2023, a decrease of \$7 from the annual deductible of \$233 in 2022.

## For Your Health

### **FREE Fitness Room**



Monday to Friday, 7 am to 3 pm

#### **Required:**

- Lowell residents age 60+
- Sneakers
- Annual doctor's release

### **Salsa**

Fridays/viernes,  
10 am - 11:00 am

Learn salsa and meringue moves in this fun and active dance class to bring sunshine to your day. Class is taught in English and Spanish.

Aprenda los Movimientos y Bailes de Salsa y Merengue En este Divertida Clase de Baile para Para que Illumines tu Dia. Las Clases seran en Espanol Y ingles.

### **Bone Builders**

Mondays and Wednesdays,  
8:30 am

FREE with application process to participate, ask at front desk.

We are seeking new volunteer instructors for this program! Please join the class if you are interested.



### **Foot Clinic** with Diane Stanley, RN **Sign up in advance required.**

\$30.00 fee

Includes: foot assessment, toenail trim and filing, reduction of nails/corns/calluses, education to help maintain self-care, and a relaxing foot massage.



### **Tai** **Chi**

Mondays at 11am

\$5 per class

Tai Chi is a relaxing form of exercise a little bit like yoga or slow, gentle dance. You move slowly through poses that help you focus your energy and relax your body.

Beginners welcome.

### **A Matter of Balance**

Concerned about falls? This 8 week workshop will help you work on balance and flexibility, as well as making your home safer.

Our own Dee Leon will help lead this class in English and Spanish.

Call 978-674-4131 to register!

### **"On the Move"**

Mondays, Wednesdays, and Fridays,  
9:00 am, \$3 per class

Aerobics and stretching, with weights, balls and resistance bands with Marian Silk



### **Yoga** with Christine Connolly

**Chair Yoga**  
Tuesdays 12 - 1pm  
or  
**Gentle Kripalu Yoga**  
Fridays, 12 - 1 pm



\$5 per class

Calm breathing, stretching, and yoga poses to help improve flexibility and balance and reduce stress.

The instructor can modify poses for you around your limitations.

### **Blood Pressure Clinic**

Monday 11/14

11-Noon

Courtesy of Element Care



## Weekly Activities

### Mahjong

Mondays  
12 - 2:45 pm  
Board Room

Returns September 12th!

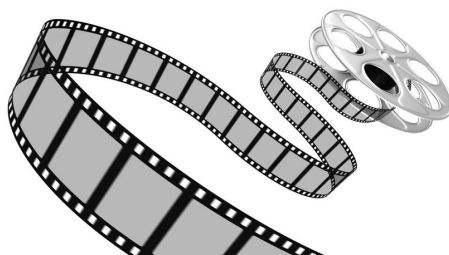


### Thursday Movies

Thursdays

12 noon

Great Hall



### Friday Social

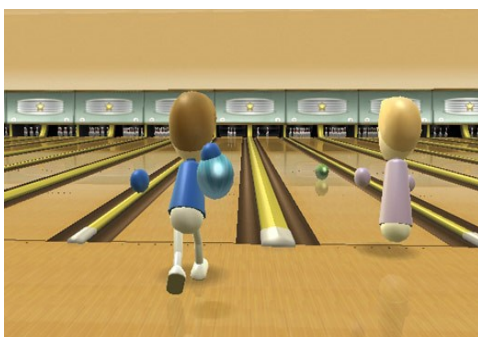
Fridays  
12 - 2:45 pm  
Great Hall

Line dancing, couples dancing, friendly conversation.



### Wii Bowling

Tuesdays and Fridays  
10:00 am - 11:30 am  
Board Room



### Knit & Crochet Group

Tuesdays 12:00 - 2:45 pm

Classroom



### Bingo

Wednesdays, 12 - 3 pm

50 cents per card, sales start at noon  
Prizes vary based on attendance.

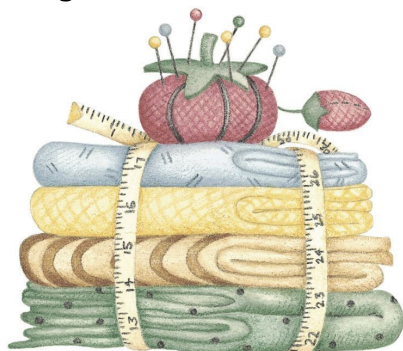
\*No Bingo 10/26\*



### Quilting Group

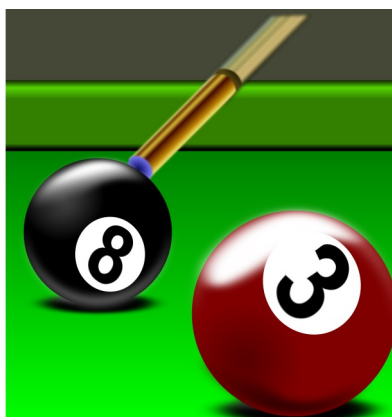
Wednesdays  
12 - 2:45 pm  
2nd Floor Classroom

Newcomers welcome, beginners to advanced!



### Billiard Room

Open Monday - Friday  
7 am - 2:45pm



### Cards

#### **Poker**

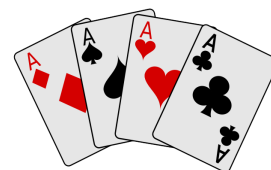
Wednesdays and Fridays  
9:30 am - 2:45 pm

#### **Cribbage**

Tuesdays  
11:30 am - 2:45 pm

#### **45's**

Thursdays  
11:30 am - 2:45 pm



# NOVEMBER

Sunday	Monday	Tuesday	Wednesday
		<b>1. 8am Veteran's Breakfast</b> 10:30-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet  Early Voting 8am-5pm	<b>2.</b> 8:30 Bone Builders 9:00 On the Move (upstairs) 9:30-2:45 Poker 12-2:45 Quilting  Early Voting 8am-8pm  NO BINGO
<b>6.</b> 7-8 am Breakfast 11-11:30 Lunch	<b>7.</b> 8:30 Bone Builders 9:00 On the Move 9-11 SHINE Counseling 10 Dance Moves 11 Tai Chi 12 Mahjong 12 Careride info session	<b>8.</b> 10:30-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet	<b>9.</b> 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker <b>9:30 Textile Printing Workshop</b> 12-2:45 Quilting 12-3 Bingo
<b>13.</b> 7-8 am Breakfast 11-11:30 Lunch	<b>14.</b> 8:30 Bone Builders 9:00 On the Move <b>9 COA Board Meeting</b> 9-11 SHINE Counseling 10 Dance Moves 11 Tai Chi <b>11 Blood Pressure Screening</b> 12 Mahjong <b>12 Clay Class</b> <b>12 Meet AgeSpan</b>	<b>15.</b> <b>9:30 Seasonal Craft</b> 10:30-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet  <b>UMASS Lowell Event:</b> <b>"Can There Be Peace?"</b> <b>6:30pm</b>	<b>16.</b> 8:30 Bone Builders 9:00 On the Move <b>9:30 Textile Printing Workshop</b> 9:30-2:45 Poker 12-2:45 Quilting 12-3 Bingo
<b>20.</b> 7-8 am Breakfast 11-11:30 Lunch	<b>21.</b> 8:30 Bone Builders 9:00 On the Move (Up) 9-11 SHINE Counseling 10 Dance Moves 11 Tai Chi 12 Mahjong <b>12 Clay Class</b>	<b>22.</b> <b>Brown Bag Day</b> 10:30-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet <b>1:30pm Motown Presentation</b>	<b>23.</b> 8:30 Bone Builders 9:00 On the Move (Up) 9:30-2:45 Poker 12-2:45 Quilting  <b>CLOSING AT NOON</b>  <b>No Bingo Today</b>
<b>27.</b> 7-8 am Breakfast 11-11:30 Lunch	<b>28.</b> 8:30 Bone Builders 9:00 On the Move 9-11 SHINE Counseling <b>10 Age-Friendly Lowell</b> 11 Tai Chi 12 Mahjong	<b>29.</b> 10:30-11:30 Wii Bowling 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet  <b>Energy Fair 4-7pm</b>	<b>30.</b> 8:30 Bone Builders 9:00 On the Move 9:30-2:45 Poker 12-2:45 Quilting



# IBER

Thursday	Friday	Saturday
<p>3. Memory Café—see pg 4 10-12 Mill City Grows Farmer's Market—FINAL of the Season 11:30-2:45 Cards: 45's</p> <p>Early Voting 8am-5pm</p> <p>No Thursday Movie</p>	<p>4. 9:00 On the Move (up) 10-11 Salsa 9:30-2:45 Poker 10:30-11:30 Wii Bowling 12:00 Gentle Yoga 12:00 Senior Social</p> <p>Early Voting 8am-noon</p>	<p>5. 7-8 am Breakfast 11-11:30 Lunch</p>
<p>10. 11:30-2:45 Cards: 45's 12 Diabetes Self Management 12:00 Thursday Movie: Call of the Wild</p> <p><b>Covid Booster Clinic 9am-11am</b></p>	<p>11. Veteran's Day <b>Senior Center Closed</b></p>	<p>12. 7-8 am Breakfast 11-11:30 Lunch</p>
<p>17. 11:30-2:45 Cards: 45's 12 Diabetes Self Management 12:00 Thursday Movie: Elvis</p>	<p>18. 9:00 On the Move 10-11 Salsa 9:30-2:45 Poker 10:30-11:30 Wii Bowling 12:00 Gentle Yoga</p> <p><b>Thanksgiving Dinner Dance 11am-2:30</b></p>	<p>19. 7-8 am Breakfast 11-11:30 Lunch</p>
<p>24. <b>THANKSGIVING</b> <b>Senior Center Closed</b></p>	<p>25. <b>Senior Center Closed</b></p>	<p>26. 7-8 am Breakfast 11-11:30 Lunch</p>

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(978) 569-1000

www.dyouville.org

## First Lowell Rehab Apartments






























Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation.

Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



### November MENU 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. Pulled Pork, Mc & Cheese Salad 	2. Spanish Chicken Rice Salad 	3. Meat Loaf Mash Potato Green Beans 	4. Baked Cod, Rice Cole Slaw 	5. American Chop Suey Pasta Salad 
6. Soup & Sandwich Egg Salad 	7. Chicken Supreme Rice Mix Vegetables 	8. Salisbury Steak Mash Potatoes, Veggies 	9. Roast Pork, Potatoes Green Beans 	10. Beef Stew, Rice, Veggies 	11. CLOSED	12. Salmon Noodles Caserole, Veggies 
13. Stuffed Pepers, Mashed Potatoes, Corn Medley 	14. Baked Ham, Roasted Potatoes Vegetables 	15. Oriental Beef, Rice, Vegetables 	16. Chicken Parm, Pasta Veggies 	17. Stuffed Cabbage, Mash potatoes, Broccoli 	18. Turkey Dinner, Mash Potatoes, Stuffing, Gravy 	19. Hot Dogs, Beans, Potatoe Salad 
20. Stuffed Chicken Breast, Rice Veggies 	21. Pot Roast, Mash Potato, Carrots 	22. Spagetti & Meat Balls Gar Bread Desser 	23. Visiting Chef	24. CLOSED	25. CLOSED	26. Sheperds Pie, Garden Salad, Butter Rolls 
27. Pork Chop, Rasted Potatoes, Green Beans 	28. Lemon Pepper Chicken, Rice, Peas 	29. Liver & Onions, Mash Potatoes 	30. Lasgna With Meat, Garlic Bread, Collard Greens 			






























Milk and Bread are served with all lunches.

Vegetarian options available weekdays. Please call one day ahead.

Tuesday November 1st: Veteran's Breakfast at 8am, no regular breakfast

Please note that due to current staff availability, our weekend breakfast is returning to 7am- 8am only, the same as during the rest of the week. Thank you for your understanding.

**Noviembre MENU 2022**

domingo	lunes	martes	miércoles	jueves	viernes	sábado
		1.Carne De Cerdo, Macarones Con Queso Ensalada 	2.Pollo en Salsa,Arroz Ensalada 	3.Carne Molida, Papas Vegetales 	4.Pezcado Azado, Arroz Ensalada de Repollo 	5.Pollo ala Americana, Pasta Ensalada Verde 
6.Sopa Y Sandwhich Ensalada Y Postre  	7.Pollo Supremo, Arroz Vegetales Mixtos 	8.Bistek Papas Majadas, Zanaorias 	9.Cerdo Azado, Papas Rosteadas, Hab Verdes 	10.Carne Guisada, Arroz Vegetales 	11.CERRADO	12.Salmon Fideos a la Caserola Vegetales 
13.Pimientos Rellenos, Papas Majadas, Maiz Mixtos 	14.Jamon Azado, Papas Rosteadas Vegetales 	15.Carne Al Oriente Frita,Arroz Vegetales 	16.Pollo Parmesano Pasta Zanaorias 	17.Repollo Relleno de Carne, Papas Majadas Broccoli  	18.Pavo Azado, Papas Majadas Gravy, Calabaza 	19.Hot Dogs, Habichuela Ensalada de Papas  
20Pechuga Rellena, Arroz Vegetales 	21.Carne Rosteada Papas Majadas, Zanaorias 	22.Spagetti Con Bolas, Papas Majadas, Pan Con Ajo 	23.CHEF Visitante	24.CERRADO	25.CERRADO	26.Pie de Carne. Ensalada Rollos de Pan Con Mantequilla 
27.Chuleta Papas Rosteadas, Vegetales 	28.Pollo Con Limon y Pimiento Arroz Vegetales 	29.Higado con Cebolla Papas Majadas, Zanaorias 	30.Lasagna Pan ^ Ajo Vegetales 			

**BREAKFAST**

7AM - 8AM

**LUNCH**

11AM - 11:30AM

**SUGGESTED  
DONATION:  
\$1 BREAKFAST,  
\$2.50 LUNCH**

For Takeout, add \$1 to suggested donation, thank you! The containers are expensive.



## Services and Support

### Medical Loan Program

Walkers, disposable underwear, fall prevention bars, and canes and available FREE. Donations gratefully accepted, please call 978-674-4131 first to confirm what is needed and available.



*Wheelchair  
donations  
needed!*



### The Syringe Collection Program

Senior Center syringe drop-off accepted on weekdays at the front desk. Free disposal containers are available while supplies last.



### Get Help with Medicare

Call 978-946-1374 and leave a message. A trained counselor will call you back within 1-2 days. Drop-in counseling is available Mondays from 9-11.



CareRide, a program of AgeSpan, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 60+.

Contact Alexandra Luciano, Care Ride Program Coordinator at 978-651-3118 or [aluciano@agespan.org](mailto:aluciano@agespan.org)

Bills come to your address monthly, \$4/each way for local trips.

### Rides to Senior Center

Call 978-674-4131 for a ride to the Senior Center for meals and activities. You must call by 9am on the day of your ride.

### LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all Lowell residents age 60+ for medical rides only. Call Road Runner at 978-459-0152 to sign up.



#### Senior Abuse Hotline Number

To report suspected elder abuse, call:  
1-800-922-2275

#### AgeSpan (formerly Elder Services)

Meals on Wheels,  
Assistance with Home  
Care, Case Management,  
Support for Seniors and  
Caregivers,  
Prescription Advantage  
1-800-892-0890

Legal Services  
Assistance & Referrals  
1-800-342-5297

#### Fuel Assistance 978-459-6161

#### DTA Hotline (SNAP/Food Stamps)

Direct line for seniors:  
1-833-712-8027

#### MassHealth 1-800-408-1253

#### Social Security Administration 1-800-772-1213

#### Medicare 1-800-633-4227

## Pollard Memorial Library

### Computer Workshops are on hiatus for now.

If you need help, try

- The Library's tech support guide:
- <https://lowelllibrary.org/services/tech-home/>
- Visiting the Library at 401 Merrimack St. They aren't offering workshops, but they can help you troubleshoot and use a computer.

Call the Library at (978) 674-4120 if you'd like more info.



**Want to make a difference in the life of an adult  
with limited English or basic literacy skills?  
We'd love to hear from you!**



The Library is looking for volunteers to work with English language learners! Email Mary Hartmann, Literacy Assistant – [mhartmann@LowellLibrary.org](mailto:mhartmann@LowellLibrary.org) if interested.

### ***November Movies***

Call of the Wild (2020) - Thursday, November 10th, Noon

A pet dog finds himself facing adventure in the beautiful Alaskan wilderness. Harrison Ford stars as an outdoorsman who helps the dog find his way.

Elvis (2022) - Thursday, November 17th, Noon

The story of one of America's greatest talents and the man that made him famous. Directed by Baz Luhrmann, known for Moulin Rouge, the movie is a modern and exciting take on a timeless star.



## **Friends of Lowell Council on Aging**

Our last two meetings since the summer break have been productive. We discussed having a break room made for the staff as well as purchasing a new floor cleaner. These two proposals are both costly projects. However the purpose of FLCOA is to supplement the COA budget when needed.

Anyone wishing to know how much money we have in our accounts and how it is spent is welcome to attend our monthly meetings or contact a member of the FLCOA board. We acquire our funds from donations, memberships, 50/50 raffles and miscellaneous raffles at various functions.

One of our most lucrative 50/50's is the Wednesday Bingo. From a portion of those 50/50 proceeds we are able to buy Bingo supplies that are sold to the players. That money is then put into the prizes awarded to the game winners. The remainder of the 50/50 is deposited into the FLCOA treasury to fund various projects to help keep the Center afloat.

Our membership drive will begin December 1, 2022 for year 2023. We received a few applications in October for 2022. We want to remind everyone that membership is a calendar year. Those members who enrolled in October, 2022 expire December 31, 2022. All memberships end December 31 regardless of the date joined. This is important to remember because 2023 is an election year. Anyone wishing to vote or run in the Wednesday, April 26, 2023 election must be a member by Friday, March 24, 2023 to vote or be a candidate. The next few months there will be an application for membership as well as a nomination form printed in the Heritage. The nomination form also must be received by Friday, March 24, 2023 to have your name appear on the ballot. This information will be repeated in the next few newsletters so you can be reminded monthly as the deadline approaches. Any concerns you may have about this can be answered by contacting a board member. Friday, November 18, 2022 there will be a Thanksgiving dinner dance. This is another 50/50 raffle function. The next week is Thanksgiving so our monthly meeting will be Friday, December 2, 2022 as the last Friday is the day after the holiday. Veteran's Day is Friday, November 11 as well as Canada's Remembrance Day. Remember to fly the flag and wear your country's colors. Happy Thanksgiving to all.

- Jacqueline Denison, Treasurer

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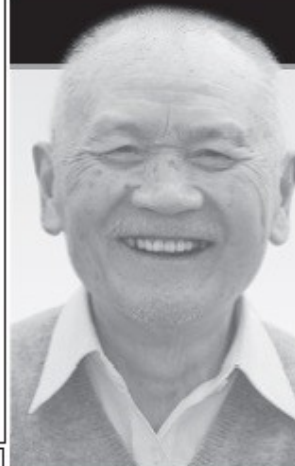
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